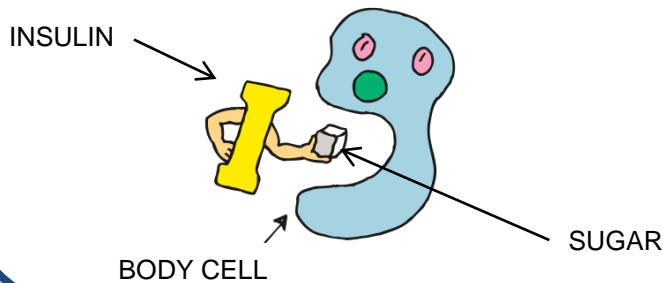
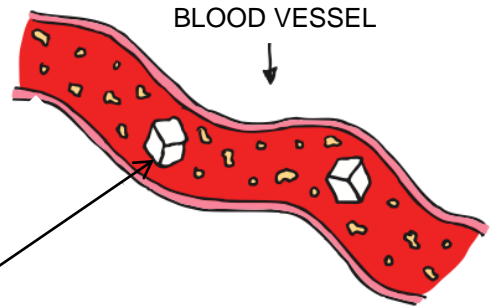


# What is Type 2 Diabetes?

With type 2 diabetes, the insulin your body makes does not work right. Insulin helps sugar move from your blood into your body cells.



If you don't have enough insulin to move sugar from your blood into your body's cells, the amount of sugar in your blood goes up. When your blood sugar levels stay high, you have diabetes.

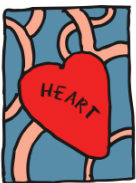


## Why Take Care of Your Diabetes?

Controlling diabetes is important. You can have serious health problems when your blood sugar is out of control, such as:



Eye problems –  
Even blindness.



Heart disease.



Foot problems –  
Even losing a  
foot or leg.

## My Diabetes Care Timeline

### Each doctor's visit

- Foot check
- Review self-care plan
- Weight check
- Review medications
- A1C
- Blood pressure (BP)

### Once a Year

- Cholesterol
- Dental exam
- Dilated eye exam
- Complete foot exam
- Flu shot
- Kidney check

### At least Once

- Pneumococcal shot
- Hepatitis B shots
- Tdap (tetanus) shot

# Taking Care of Your Diabetes

## Daily Checklist



- Follow my meal plan.
- Be active 30 minutes a day or more.
- Take the right amount of medicine on time.
- Check my sugar and write results in my diary.
- To prevent infection, check my feet for cuts, redness or swelling and call my doctor if I see anything.
- Brush my teeth to prevent infection.
- Stop smoking.
- Keep my doctor's appointments! My next appointment is \_\_\_\_\_.

Portion size matters.

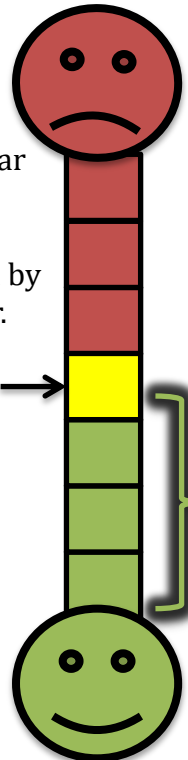


**Tips to lower how much sugar you eat:** whole grain cereals/rice/breads/tortillas, **fresh or frozen (not canned)** fruits and veggies without added sugar or sauce, **water/seltzer water** instead of pop, save sweets for special occasions, for dessert try **fresh fruit and yogurt**.

**HIGH**

**A1C:** average blood sugar over 3 months, measured by my doctor.

A1C = 7 (Good)



**Blood sugar:** measured by me every day.

**My goals:**  
Before meals 70-130.

After meals below 180.

At bedtime 110-150.

**NORMAL**